I. Basic Course Information

A. Course Number and Title: FITN 115 Dynamics of Fitness and Wellness

B. New or Modified Course: Modified Course

C. Date of Proposal: Semester: Spring Year: 2018

D. Effective Term: Fall 2019

E. Sponsoring Department: Health Science Education

F. Semester Credit Hours: 1

G. Weekly Contact Hours: 1
   Lecture: 1
   Lab: 0
   Out of class student work per week: 2

H. Prerequisites/Corequisites: None

I. Laboratory Fees: None

J. Name and Telephone Number or E-Mail Address of Department Chair and Divisional Dean at time of approval:
   Dept. Chair: Beryl Stetson, Beryl.stetson@raritanval.edu 908-526-1200 x8208
   Dept. Dean: Terence Lynn, Terence.lynn@raritanval.edu 908-526-1200 x8512

II. Catalog Description

The course is designed to teach the student the necessary information to improve fitness and wellness by adhering to a healthier lifestyle. Students will learn how to assess physical fitness and implement a program based on those results that will enhance their fitness levels. Stress reduction, nutrition and weight management, and the management of risk factors for major disease will be explored to improve life expectancy and overall quality of life.
III. Statement of Course Need

A. Students will learn skills and knowledge to help them live a healthier life that could improve both the longevity and quality of life. This course fulfills the fitness and wellness requirement in many RVCC majors.

B. To see course transferability: a) for New Jersey schools, go to the NJ Transfer website, www.njtransfer.org, b) for all other colleges and universities, go to the individual websites.

IV. Place of Course in College Curriculum

A. Free Elective.

B. This course is required for completion of Psychosocial Rehabilitation, Associate of Science Degree; Education P-12, Associate of Arts; Computer Science, Associate of Science in Degree in Science and Mathematics; Early Childhood Education, Associate of Applied Science; English, Associate of Arts; Liberal Arts, Associate of Arts; Liberal Arts- Social Science Option, Associate of Arts; Nursing (PN/AD) Associate of Applied Science Option in Nursing; Ophthalmic Science (Opticianry), Associate of Applied Science Nursing (RN) Associate of Applied Science.

C. This course is an option in the Exercise Science, Associate of Science degree.

C. To see course transferability: a) for New Jersey schools, go to the NJ Transfer website, www.njtransfer.org; b) for all other colleges and universities, go to the individual websites.

V. Outline of Course Content

A. Introduction to Fitness and Wellness

B. Health Related/Skill Related Components of Fitness

C. Assessment of Physical Fitness

D. Exercise Prescription

E. Evaluating Fitness Activities

F. Nutrition for Fitness and Wellness

G. Weight Management

H. Stress Management

I. Reduction of Risk for Major Diseases

J. A Healthy Lifestyle Approach

K. Relevant Fitness and Wellness Issues

VI. General Education and Course Learning Outcomes

A. General Education Learning Outcomes:

   At the completion of the course, students will be able to:

   1. Analyze and explain client fitness test results and formulate a written report demonstrating a personalized program to meet client goals. (GE-NJ 1)*

   *embedded critical thinking

B. Course Learning Outcomes:
At the completion of the course, students will be able to:

1. Define the dimensions of wellness and strategies to improve them.
2. Identify the health related components of fitness and demonstrate tests to evaluate each of them.
3. Design and describe a fitness program and the appropriate exercises that will improve and maintain sufficient levels in each of the health related components of fitness.
4. Identify the essential nutrients needed for a healthy diet that will decrease the risk of major disease.
5. Describe healthy ways to obtain and/or maintain a healthy diet.
6. Define stress, its benefits, health risks, and ways to manage high level of stress.
8. Define lifestyle changes that will reduce the risk of hypokinetic disease.

C. Assessment Instruments

1. exams
2. laboratory assignments
3. practical – fitness Tests

VII. Grade Determinants

A. exams
B. attendance and participation
C. laboratory/practical Exam
D. discussion forums

Given the goals and outcomes described above, LIST the primary formats, modes, and methods for teaching and learning that may be used in the course:

A. lecture/discussion
B. small-group work

VIII. Texts and Materials


(Please Note: The course outline is intended only as a guide to course content and resources. Do not purchase textbooks based on this outline. The RVCC Bookstore is the sole resource for the most up-to-date information about textbooks.)

IX. Resources
A. RVCC Library
B. RVCC Track and Gymnasium
C. RVCC Fitness Center

X. Honors Option: N/A